



**COOKING CLASSES**  
AT SUR LA TABLE

# **FRENCH-STYLE CHICKEN + SIDES**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

## Proteins

- 4, bone-in, skin-on chicken thighs

## Produce

- 6 garlic cloves
- Small bunch of fresh tarragon
- 1 1/2 pounds baby Yukon Gold potatoes
- Small bunch of fresh chives
- Small bunch of fresh flat-leaf parsley
- 1 shallot
- 1 large head Bibb lettuce
- Small bunch of dill or mint

## Dairy

- 1 cup heavy whipping cream
- 2 tablespoons unsalted butter

## Pantry Items

- Kosher salt
- Freshly ground black pepper
- Olive oil
- Dijon mustard
- 2 teaspoons capers
- Red wine vinegar
- Extra-virgin olive oil or sunflower oil
- Flaky sea salt (such as Maldon)

## Dry/Canned Goods

- 1/2 cup dry white wine

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- Chef's knife
- Cutting board

## Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowls (various sizes)
- Prep bowls
- Tongs
- Instant-read thermometer
- Wooden spoon
- Silicone pastry brush
- Bench scraper (optional)
- Whisk
- Microplane (optional)
- Garlic roller (optional)

## Cookware

- Oven-safe skillet

## Bakeware

- Rimmed baking sheet

## Other

- Paper towels
- Plate

## **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### **Pan-Roasted Chicken with Tarragon Cream Sauce**

1. Wash and dry all the produce.
2. 30 minutes before class, remove the chicken from the refrigerator and allow it to come to room temperature.
3. Preheat the oven to 400°F. Position one rack in the top third and one rack in the bottom third of the oven.

### **Roasted Potatoes with Herbs**

1. Wash and dry all produce.
2. Place a rimmed baking sheet on the top rack of the preheated oven.

### **Salade Verte**

1. Wash and dry all produce.

## PAN-ROASTED CHICKEN WITH TARRAGON CREAM SAUCE

**Yield:** 4 servings

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*4 bone-in, skin-on chicken thighs, trimmed*

*Kosher salt and freshly ground black pepper*

*1 tablespoon olive oil*

*2 garlic cloves, minced*

*2 teaspoons Dijon mustard*

*2 teaspoons capers, rinsed and drained*

*1/2 cup dry white wine*

*1 cup heavy whipping cream*

*2 tablespoons fresh tarragon leaves, chopped, plus more for garnish*

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Preheat the oven to 400°F and position one rack in the top third and one in the bottom third of the oven.

- 1. To prepare chicken:** Using paper towels, pat dry chicken thighs. Season both sides of the chicken with salt and pepper. To a large ovenproof skillet set over medium-high heat, add 1 tablespoon of oil. When oil is shimmering, add chicken skin-side down and cook until golden brown, about 5 minutes. Turn chicken and transfer skillet to oven and roast until chicken is cooked through about 25 minutes and an instant-read thermometer inserted into thickest part of meat registers 165°F. Transfer chicken to a serving platter, loosely cover with foil to keep warm and set aside.
- 2. To prepare tarragon sauce:** Pour off all but 2 tablespoons of fat from skillet and return to medium heat. Add garlic and cook, stirring often until fragrant, about 1 minute.
3. Stir in mustard, capers and wine, scraping bottom of pan with a wooden spoon to release any browned bits. Increase heat to medium-high and bring to a boil. Reduce heat to medium and simmer until wine has almost evaporated. Add cream and cook until sauce is reduced and slightly thickened. Taste and adjust seasoning with salt and pepper. Stir in tarragon.
- 4. To serve:** Divide chicken between 4 serving plates. Ladle sauce over chicken and garnish with chopped tarragon. Serve immediately.

### **Recipe variations:**

- Chicken breasts can be substituted for chicken thighs. If using chicken breasts and depending on the thickness, add 5 to 10 minutes more of cooking time.

## ROASTED POTATOES WITH HERBS

***Yield: 4 servings***

For an added layer of luxury, use duck fat instead of olive oil to coat the potatoes before roasting them in the oven.

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*1 1/2 pounds baby Yukon Gold potatoes, halved*  
*2 tablespoons unsalted butter, melted*  
*3 tablespoons olive oil, plus more for coating the pan*  
*Kosher salt and freshly ground black pepper*  
*4 garlic cloves, finely chopped*  
*2 tablespoons fresh chives, finely chopped*  
*2 tablespoons fresh flat-leaf parsley, finely chopped*  
*Flaky sea salt*

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Preheat the oven to 400°F and position a rack in the center. Place a rimmed baking sheet on center rack. Allow oven and baking sheet to preheat for at least 30 minutes.

1. To a medium bowl, add potatoes, butter and 2 tablespoons of oil, toss well to coat. Season potatoes generously with salt and pepper; toss to coat. Carefully remove preheated baking sheet and using a silicone pastry brush, coat sheet with 1 tablespoon of oil. Arrange potatoes cut side down on baking sheet in a single layer and return to oven. Roast until potatoes are browned, 18 to 20 minutes. Remove baking sheet from oven and stir potatoes. Sprinkle potatoes with garlic, toss well and return to oven. Roast until potatoes and garlic are crisp, golden brown and tender, about 7 to 10 minutes. Check oven after 5 minutes, do not allow garlic to burn.

2. **To serve:** Remove baking sheet from oven and sprinkle potatoes with chopped herbs. Transfer potatoes to a serving bowl, garnish with flaky sea salt and serve immediately.

## SALADE VERTE

**Yield:** 4 servings

When made correctly, this simple, classic bistro salad is astonishingly beautiful and delicious. The lettuce should be very fresh, crisp and handled with the utmost care, so as to not bruise the delicate leaves. Always enjoy salade verte right away as it will wilt quickly after tossing.

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*2 teaspoons Dijon mustard*

*1 tablespoon red wine vinegar*

*2 teaspoons shallot, minced*

*3 tablespoons extra-virgin olive oil or sunflower oil*

*Kosher salt and freshly ground black pepper, to taste*

*1 large head Bibb lettuce, rinsed, dried and torn into bite-size pieces*

*1 tablespoon fresh herbs, such as flat-leaf parsley, chives, dill or mint, chopped*

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1. To a medium bowl, whisk together mustard, vinegar and shallot. While whisking, slowly drizzle in oil. Taste and adjust seasoning with salt and pepper.
2. To a large salad bowl, add lettuce and herbs. Gently toss with just enough vinaigrette to coat leaves. Taste and adjust seasoning with salt and pepper.
3. **To serve:** Divide salad among salad plates, neatly mounding greens in center of each plate. Serve immediately.

### **Recipe variations:**

- The salad dressing in the recipe very versatile. Try it on arugula, red leaf lettuce, or hearty winter greens like Lacinato kale.
- Try whisking 1 tablespoon of honey into the vinaigrette and use as a dressing for bitter greens like radicchio, endive, or escarole.